

Republic of the Philippines **Department of Science and Technology** FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: C021 Food name and Description: Kidney bean seed, red, dried, boiled Scientific name: Phaseolus vulgaris Alternate/Common name(s): Abitsuwelas buto, pula, tuyo, nilaga Edible portion: 100%

#### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	64.9
Energy, calculated (kcal)	138
Protein (g)	7.9
Total Fat (g)	0.9
Carbohydrate, total (g)	24.6
Ash, total (g)	1.7

## Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.9
Sugars, total (g)	0.3

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	81
Phosphorus, P (mg)	202
Iron, Fe (mg)	2.6
Sodium, Na (mg)	2

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.7
Niacin from tryptophan (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0.13
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.5

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 10:20:05

Cholesterol (mg)